



PSALMS *of* PRAYER

*A Lenten prayer guide through the book of Psalms*



# Psalms of Prayer

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# INTRODUCTION

The book of Psalms is a beautiful collection of thoughtfully composed, emotion-filled songs. It is undoubtedly a wonderful portrayal of life: the ups and downs, the times we praise, the moments of lamenting, and singing of thanksgiving or prayers of supplication to our God.

I thought it'd be good, as a church, to come together this Lent 2019, in humbling ourselves through the book of Psalms, in prayer. Though there are 150 Psalms in total, I thought it would be good to focus our attention on just 7 Psalms, leading up to Easter 2019.

The aim is to meditate upon the selected seven Psalms, mulling and chewing over them each week. We will introduce the selected Psalm of that week on the Sunday, and you are free to follow this guide and to pray over certain topics as suggested. However, don't be limited to just those topics, feel free to go as the Lord leads you! And the aim is also to get us used to using scripture to help us be more creative in our prayers.

*A typical week would go as follows:*

## **Sunday — Introducing the Psalm**

*On this day, we will introduce the Psalm during our Sunday worship so we can all be on the same page. You are free to start meditating on this Psalm, and jotting down your initial thoughts. If you have any visions that pop up to you, write them down too.*

## **Monday — Praying through the verbs, adjectives and nouns**

*We invite you to highlight any verbs (doing words), adjectives (descriptive words), and nouns (objects) found in the Psalm. Any that jump out at you and to pray specifically into those words, relating it to you.*

## **Tuesday — Praying for your 3**

*We'd recommend you write down three specific people to pray for during this Lent season. And on this day of the week, pray for the 3 with the Psalm in mind:*

- 1.
- 2.
- 3.

## **Wednesday — Praying for our Church**

*We'd love for you to read through the Psalm and use that Psalm as a baseline to pray for our church in mind*

## **Thursday — Praying for the World**

*Again, using that Psalm as a baseline, pray for our world. You can choose a specific country or people group.*

## **Friday — Praying for specifics**

*On this day, you can pray over the Psalm, in light of anything that happened during this past week, praying specifically for someone or a situation, or something to thank or praise God for, or whatever the Lord prompts you to pray over.*

## **Saturday — Grace Day**

*This is a specific day designed for those who wish to catch up in case you've missed a day!*

For those who are up for extra reading and wish to read through the whole book of Psalms during this Lent season, we've also included the passages. But this is entirely optional!

*Here are some helpful tips when praying through the Psalms, is to:*

1. Read the Psalms at face-value to start, to familiarise yourself with it first
2. When you read it, visualise what is being said.

3. You can also base your prayer on the Psalm itself, while maybe swapping some of the words, such as the pronouns to fit with your context. Here is an example based on Psalm 23:

### **Psalm 23**

1 The Lord is my shepherd;  
I shall not want.

2 He makes me lie down in green pastures.  
He leads me beside still waters.

3 He restores my soul.  
He leads me in paths of righteousness  
for his name's sake.

4 Even though I walk through the valley  
of the shadow of death,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

5 You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.

6 Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
forever.

### **Wednesday: Praying for our church**

1 The Lord is the shepherd of our church;  
we shall not want.

2 He makes our church lie down in green pastures.  
He leads us beside still waters.

3 He restores our church.  
He leads our church in paths of righteousness  
for his name's sake.

4 Even though our church may walk through the valley  
of the shadow of death,  
our church will fear no evil,  
for you are with our church;  
your rod and your staff,  
they comfort us.

5 You prepare a table before our church  
in the presence of our enemies;  
you anoint our heads with oil;  
all of our cups overflows.

6 Surely goodness and mercy shall follow us  
all the days of our lives,  
and the BCEC shall dwell in the house of the Lord  
forever.

4. Re-read the Psalm, and feel free to break away from what has been read, adding to each sentence a prayer of your own. Here is an example based on Psalm 23:1-2, for Friday: praying for Specifics:

### **Psalm 23**

1 The Lord is my shepherd;  
I shall not want.

2 He makes me lie down in  
green pastures.  
He leads me beside still waters.

### **Friday: Praying for Specifics**

There is no one else who is my shepherd, I will not follow anyone like I follow you, my shepherd, I am your sheep and there is nothing else I need that you cannot provide for me Lord, so thank you for that.

Thank you for making me lie down in green pastures, may I be content when I lie down there, worshiping you in Spirit and in truth. And I am thankful for when you lead me to your waters. May I be still, just as your waters are still. And may Your waters quench my thirst

You are free to write out your prayers in the allocated space, however, if you lack space, feel free to write in your own journal. Otherwise, just praying it out to the Lord without writing it out, is fine too!

As you go through these Psalms of Prayer, I pray God will use these Psalms to really speak into your life during this Lent season! Praying for God to really move in your life, your specific 3, our church and the world! Us on the Pastoral Team would also love to hear your stories too!

With love, Ansy x

WEEK 1 : Sunday 3rd March - Saturday 9th March

PSALM 46  
GOD IS OUR FORTRESS

1. God is our refuge and strength,  
a very present help in trouble.
2. Therefore we will not fear though the earth gives way,  
though the mountains be moved into the heart of the sea,
3. though its waters roar and foam,  
though the mountains tremble at its swelling. *Selah*
4. There is a river whose streams make glad the city of God,  
the holy habitation of the Most High.
5. God is in the midst of her; she shall not be moved;  
God will help her when morning dawns.
6. The nations rage, the kingdoms totter;  
he utters his voice, the earth melts.
7. The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*
8. Come, behold the works of the Lord,  
how he has brought desolations on the earth.
9. He makes wars cease to the end of the earth;  
he breaks the bow and shatters the spear;  
he burns the chariots with fire.
10. "Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!"
11. The Lord of hosts is with us;  
the God of Jacob is our fortress. *Selah*

*Optional extra reading through  
the whole book Psalms*

- Sunday — Psalm 46
  - Monday — Praying through the verbs, adjectives & nouns
  - Tuesday — Praying for your 3
  - Wednesday — Praying for our Church
  - Thursday — Praying for the World
  - Friday — Praying for specifics
  - Saturday — Grace Day
- Ps 1-3
  - Ps 4-6
  - Ps 7-9
  - Ps 10-12
  - Ps 13-15
  - Ps 16-18
  - Ps 19-21

*Prayers, thoughts and things worth noting down:*

WEEK 2 : *Sunday 10th March - Saturday 16th March*

PSALM 16  
YOU WILL NOT ABANDON MY SOUL

- 1 Preserve me, O God, for in you I take refuge.
- 2 I say to the Lord, "You are my Lord;  
I have no good apart from you."
- 3 As for the saints in the land, they are the excellent ones,  
in whom is all my delight.
- 4 The sorrows of those who run after another god shall multiply;  
their drink offerings of blood I will not pour out  
or take their names on my lips.
- 5 The Lord is my chosen portion and my cup;  
you hold my lot.
- 6 The lines have fallen for me in pleasant places;  
indeed, I have a beautiful inheritance.
- 7 I bless the Lord who gives me counsel;  
in the night also my heart instructs me.
- 8 I have set the Lord always before me;  
because he is at my right hand, I shall not be shaken.
- 9 Therefore my heart is glad, and my whole being rejoices;  
my flesh also dwells secure.
- 10 For you will not abandon my soul to Sheol,  
or let your holy one see corruption.
- 11 You make known to me the path of life;  
in your presence there is fullness of joy;  
at your right hand are pleasures forevermore.

*Optional extra reading through  
the whole book Psalms*

- Sunday — Psalm 16
  - Monday — Praying through the verbs, adjectives & nouns
  - Tuesday — Praying for your 3
  - Wednesday — Praying for our Church
  - Thursday — Praying for the World
  - Friday — Praying for specifics
  - Saturday — Grace Day
- Ps 21-24
  - Ps 25-27
  - Ps 28-30
  - Ps 31-33
  - Ps 34-36
  - Ps 37-39
  - Ps 40-41

*Prayers, thoughts and things worth noting down:*

## WEEK 3 : Sunday 17th March - Saturday 23rd March

### PSALM 31 INTO YOUR HANDS

- 1 In you, O Lord, do I take refuge;  
let me never be put to shame;  
in your righteousness deliver me!
- 2 Incline your ear to me;  
rescue me speedily!
- Be a rock of refuge for me,  
a strong fortress to save me!
- 3 For you are my rock and my fortress;  
and for your name's sake you lead me and guide me;
- 4 you take me out of the net they have hidden for me, for you are my refuge.
- 5 Into your hand I commit my spirit;  
you have redeemed me, O Lord, faithful God.
- 6 I hate those who pay regard to worthless idols,  
but I trust in the Lord.
- 7 I will rejoice and be glad in your steadfast love,  
because you have seen my affliction;  
you have known the distress of my soul,
- 8 and you have not delivered me into the hand of the enemy;  
you have set my feet in a broad place.
- 9 Be gracious to me, O Lord, for I am in distress;  
my eye is wasted from grief;  
my soul and my body also.
- 10 For my life is spent with sorrow,  
and my years with sighing;  
my strength fails because of my iniquity,  
and my bones waste away.
- 11 Because of all my adversaries I have become a reproach,  
especially to my neighbours,  
and an object of dread to my acquaintances;  
those who see me in the street flee from me.
- 12 I have been forgotten like one who is dead;  
I have become like a broken vessel.
- 13 For I hear the whispering of many—  
terror on every side!—  
as they scheme together against me,  
as they plot to take my life.
- 14 But I trust in you, O Lord;  
I say, "You are my God."
- 15 My times are in your hand;  
rescue me from the hand of my enemies and  
from my persecutors!
- 16 Make your face shine on your servant;  
save me in your steadfast love!
- 17 O Lord, let me not be put to shame,  
for I call upon you;  
let the wicked be put to shame;  
let them go silently to Sheol.
- 18 Let the lying lips be mute,  
which speak insolently against the righteous  
in pride and contempt.
- 19 Oh, how abundant is your goodness,  
which you have stored up for those who fear you  
and worked for those who take refuge in you,  
in the sight of the children of mankind!
- 20 In the cover of your presence you hide them  
from the plots of men;  
you store them in your shelter  
from the strife of tongues.
- 21 Blessed be the Lord,  
for he has wondrously shown his steadfast love  
to me  
when I was in a besieged city.
- 22 I had said in my alarm,  
"I am cut off from your sight."  
But you heard the voice of my pleas for mercy  
when I cried to you for help.
- 23 Love the Lord, all you his saints!  
The Lord preserves the faithful  
but abundantly repays the one who acts in  
pride.
- 24 Be strong, and let your heart take courage,  
all you who wait for the Lord!

*Optional extra reading through  
the whole book Psalms*

- Sunday — Psalm 31
  - Monday — Praying through the verbs, adjectives & nouns
  - Tuesday — Praying for your 3
  - Wednesday — Praying for our Church
  - Thursday — Praying for the World
  - Friday — Praying for specifics
  - Saturday — Grace Day
- Ps 42-44
  - Ps 45-48
  - Ps 49-51
  - Ps 52-55
  - Ps 56-59
  - Ps 60-63
  - Ps 64-67

*Prayers, thoughts and things worth noting down:*

WEEK 4 : Sunday 24th March - Saturday 30th March

PSALM 90  
FROM EVERLASTING TO EVERLASTING

- 1 Lord, you have been our dwelling place in all generations.
- 2 Before the mountains were brought forth,  
or ever you had formed the earth and the world,  
from everlasting to everlasting you are God.
- 3 You return man to dust and say, "Return, O children of man!"
- 4 For a thousand years in your sight  
are but as yesterday when it is past, or as a watch in the night.
- 5 You sweep them away as with a flood; they are like a dream,  
like grass that is renewed in the morning:
- 6 in the morning it flourishes and is renewed;  
in the evening it fades and withers.
- 7 For we are brought to an end by your anger;  
by your wrath we are dismayed.
- 8 You have set our iniquities before you,  
our secret sins in the light of your presence.
- 9 For all our days pass away under your wrath;  
we bring our years to an end like a sigh.
- 10 The years of our life are seventy, or even by reason of strength eighty;  
yet their span is but toil and trouble;  
they are soon gone, and we fly away.
- 11 Who considers the power of your anger, and your wrath according to the fear of you?
- 12 So teach us to number our days that we may get a heart of wisdom.
- 13 Return, O Lord! How long?  
Have pity on your servants!
- 14 Satisfy us in the morning with your steadfast love,  
that we may rejoice and be glad all our days.
- 15 Make us glad for as many days as you have afflicted us,  
and for as many years as we have seen evil.
- 16 Let your work be shown to your servants,  
and your glorious power to their children.
- 17 Let the favour of the Lord our God be upon us,  
and establish the work of our hands upon us;  
yes, establish the work of our hands!

*Optional extra reading through  
the whole book Psalms*

- Sunday — Psalm 90
  - Monday — Praying through the verbs, adjectives & nouns
  - Tuesday — Praying for your 3
  - Wednesday — Praying for our Church
  - Thursday — Praying for the World
  - Friday — Praying for specifics
  - Saturday — Grace Day
- Ps 68-70
  - Ps 71-72
  - Ps 73-75
  - Ps 76-79
  - Ps 80-83
  - Ps 84-87
  - Ps 88-90

*Prayers, thoughts and things worth noting down:*

WEEK 5 : Sunday 31st March - Saturday 6th April

PSALM 42  
FROM EVERLASTING TO EVERLASTING

- 1 As a deer pants for flowing streams,  
so pants my soul for you, O God.
- 2 My soul thirsts for God, for the living God.  
When shall I come and appear before God?
- 3 My tears have been my food day and night,  
while they say to me all the day long,  
"Where is your God?"
- 4 These things I remember, as I pour out my soul:  
how I would go with the throng  
and lead them in procession to the house of God  
with glad shouts and songs of praise,  
a multitude keeping festival.
- 5 Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.  
My soul is cast down within me;  
therefore I remember you  
from the land of Jordan and of Hermon,  
from Mount Mizar.
- 7 Deep calls to deep at the roar of your waterfalls;  
all your breakers and your waves have gone over me.
- 8 By day the Lord commands his steadfast love,  
and at night his song is with me,  
a prayer to the God of my life.
- 9 I say to God, my rock:  
"Why have you forgotten me?  
Why do I go mourning because of the oppression of the enemy?"
- 10 As with a deadly wound in my bones,  
my adversaries taunt me,  
while they say to me all the day long,  
"Where is your God?"
- 11 Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.

*Optional extra reading through  
the whole book Psalms*

- Sunday — Psalm 42
- Monday — Praying through the verbs, adjectives & nouns
- Tuesday — Praying for your 3
- Wednesday — Praying for our Church
- Thursday — Praying for the World
- Friday — Praying for specifics
- Saturday — Grace Day

- Ps 91-93
- Ps 94-97
- Ps 98-101
- Ps 100-102
- Ps 103-104
- Ps 105-106
- Ps 107-108

*Prayers, thoughts and things worth noting down:*

WEEK 6 : Sunday 7th April - Saturday 13th April

PSALM 20

TRUST IN THE NAME OF THE LORD OUR GOD

- 1 May the Lord answer you in the day of trouble!  
May the name of the God of Jacob protect you!
- 2 May he send you help from the sanctuary  
and give you support from Zion!
- 3 May he remember all your offerings  
and regard with favor your burnt sacrifices! *Selah*
- 4 May he grant you your heart's desire  
and fulfill all your plans!
- 5 May we shout for joy over your salvation,  
and in the name of our God set up our banners!  
May the Lord fulfill all your petitions!
- 6 Now I know that the Lord saves his anointed;  
he will answer him from his holy heaven  
with the saving might of his right hand.
- 7 Some trust in chariots and some in horses,  
but we trust in the name of the Lord our God.
- 8 They collapse and fall,  
but we rise and stand upright.
- 9 O Lord, save the king!  
May he answer us when we call.

*Optional extra reading through  
the whole book Psalms*

- Sunday — Psalm 20
- Monday — Praying through the verbs, adjectives & nouns
- Tuesday — Praying for your 3
- Wednesday — Praying for our Church
- Thursday — Praying for the World
- Friday — Praying for specifics
- Saturday — Grace Day

- 109-111
- Ps 112-114
- Ps 115-118
- Ps 119:1-56
- Ps 119:57-136
- Ps 119:-137-176
- Ps 120-122

*Prayers, thoughts and things worth noting down:*

WEEK 7 : Sunday 14th April - Saturday 20th April

PSALM 66  
HOW AWESOME ARE YOUR DEEDS

1	Shout for joy to God, all the earth;	11	You brought us into the net;
2	sing the glory of his name;		you laid a crushing burden on our backs;
	give to him glorious praise!	12	you let men ride over our heads;
3	Say to God,		we went through fire and through water;
	"How awesome are your deeds!		yet you have brought us out to a place
	So great is your power that your		of abundance.
	enemies come cringing to you.	13	I will come into your house with
4	All the earth worships you		burnt offerings;
	and sings praises to you;		I will perform my vows to you,
	they sing praises to your name."	14	that which my lips uttered
	<i>Selah</i>		and my mouth promised
5	Come and see what God has done:		when I was in trouble.
	he is awesome in his deeds	15	I will offer to you burnt offerings
	toward the children of man.		of fattened animals,
6	He turned the sea into dry land;		with the smoke of the sacrifice of rams;
	they passed through		I will make an offering of bulls and goats.
	the river on foot.		<i>Selah</i>
	There did we rejoice in him,	16	Come and hear, all you who fear God,
7	who rules by his might forever,		and I will tell what he has done for my soul.
	whose eyes keep watch on	17	I cried to him with my mouth,
	the nations—		and high praise was on my tongue.
	let not the rebellious exalt	18	If I had cherished iniquity in my heart,
	themselves. <i>Selah</i>		the Lord would not have listened.
8	Bless our God, O peoples;	19	But truly God has listened;
	let the sound of his praise		he has attended to the voice of my prayer.
	be heard,	20	Blessed be God,
9	who has kept our soul among		because he has not rejected my prayer
	the living		or removed his steadfast love from me!
	and has not let our feet slip.		
10	For you, O God, have tested us;		
	you have tried us as silver is tried.		

*Optional extra reading through  
the whole book Psalms*

- Sunday — Psalm 66
  - Monday — Praying through the verbs, adjectives & nouns
  - Tuesday — Praying for your 3
  - Wednesday — Praying for our Church
  - Thursday — Praying for the World
  - Friday — Praying for specifics
  - Saturday — Grace Day
- Ps 123-126
  - Ps 127-132
  - Ps 132-135
  - Ps 136-138
  - Ps 139-142
  - Ps 143-145
  - Ps 146-150

*Prayers, thoughts and things worth noting down:*

